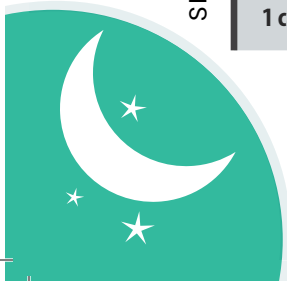


14-day MENU FOR DIABETES MANAGEMENT

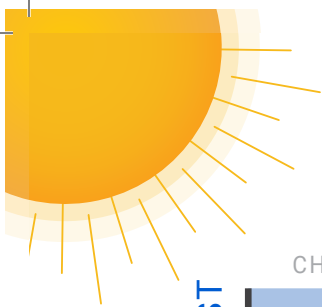
1200 calories per day | WEEK ONE

| CHOICES | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|-----------|--|--|--|---|--|--|--|--|
| BREAKFAST | 2 carbohydrates: starch, fruit or milk | 1 English muffin | 1 low-fat waffle (4") 2 tsp lite syrup | ½ cup bran flake/raisin cereal 1 cup skim milk | 1 low-fat biscuit • ½ cup peaches in lite syrup | ½ cup oatmeal 2 tsp raisins | ¼ cup low-fat granola cereal 3 oz. low-fat yogurt with fruit (½ cup) | 1 slice rye toast 1 cup sugar-free hot cocoa |
| | 1 fat | 1 tbsp low-fat margarine | 1 tbsp low-fat margarine | 6 almonds | 1 fat in the biscuits | 1 tbsp low-fat margarine | 4 pecan halves | 1 tbsp low-fat margarine |
| | free foods | 2 tsp lite jam or jelly | | | 2 tsp lite jam or jelly | | | 2 tsp lite jam or jelly |
| LUNCH | 2 meats | 2 tsp peanut butter for sandwich | 2 meats in the tacos | 1 veggie patty | 2 oz. turkey for turkey wrap | 2 oz. grilled chicken for salad | ½ cup tuna fish salad | 2 oz. meatloaf for sandwich |
| | 3 carbohydrates: starch, fruit or milk | peanut butter & lite jelly sandwich 1 cup skim milk | 2 chicken soft-shell tacos • 1 cup skim milk | 1 hamburger bun 1 carb in the veggie patty | 6" turkey wrap (no cheese) 1¼ cups fresh strawberries | 1 slice whole wheat bread ½ cup mandarin oranges in lite syrup 1 cup skim milk | 1 slice whole wheat pita bread with lettuce, tomato & onion ½ mango | 2 slices whole wheat bread ½ mango |
| | 2 vegetables | 2 cups assorted fresh vegetables | 2 cups tossed salad | 1 cup cooked green beans | 2 cups assorted fresh vegetables | 2 cups carrots & celery sticks | ¾ cup cucumbers marinated in vinegar | 1 cup cooked asparagus; sliced onion for sandwich |
| | 1 fat | 2 fats in the peanut butter (1 extra fat) | 2 fats in the tacos (1 extra fat) | 1 tbsp low-fat mayonnaise | 1 tbsp low-fat mayonnaise | 2 tsp low-fat salad dressing | 1 fat in the tuna fish salad | 1 tbsp low-fat margarine |
| | free foods | 2 tsp lite jam or jelly | 2 tsp fat-free Italian dressing | 1 tbsp mustard/catsup | | | | 1 tbsp catsup |
| DINNER | 2 meats | 2 oz. grilled steak | 2 oz. roast pork | 2 oz. baked salmon | 2 oz. roast beef | 2-1 oz. meatballs | 6 grilled shrimp (plain, cajun or blackened) | 2 oz. baked chicken |
| | 3 carbohydrates: starch, fruit or milk | ½ large baked potato 1 kiwi | ½ cup scalloped potatoes ½ large corn on the cob (5 oz.) ½ cup sliced apples | 1 cup wild rice 1 cup cantaloupe, cubed | ½ cup beef gravy ¾ cup oven-roasted potatoes ½ cup mixed fruit in lite syrup | 1 cup spaghetti & marinara sauce • 1 slice Italian bread | ¾ cup brown rice ½ cup pineapple in lite syrup | 1 cup un-buttered mashed potatoes 1 cup skim milk |
| | 2 vegetables | ½ cup sautéed mushrooms ½ cup cooked beets | 1 cup mixed vegetables (without corn, peas or pasta) | 1 cup cooked Brussels sprouts | 1 cup cooked carrots & onions | 1 cup cooked Italian green beans | 1 cup roasted green & red pepper with onion | 1 cup cooked broccoli |
| | 1 fat | 1 tbsp low-fat margarine | 1 fat in the potatoes | 1 tbsp low-fat margarine | 1 tbsp low-fat margarine | 1 tbsp low-fat margarine | 1 tbsp low-fat margarine | 1 tbsp low-fat margarine |
| | free foods | 1 tbsp steak sauce | 1 tbsp fat-free margarine | | | 1 tbsp grated Parmesan cheese | | |
| SNACK | 1 meat | 1 oz. imitation crab meat | ¼ cup tuna fish with fat-free mayonnaise | ¾ oz. unsalted soynuts | ½ cup cottage cheese | 1 tbsp peanut butter | 1 tbsp almond butter | ½ cup edamame |
| | 1 carbohydrate | 6 soda crackers | 1 slice whole wheat bread | ½ cup sugar-free ice cream | ½ cup peaches in lite syrup | 3 graham cracker squares | 2 rice cakes | 3 soda crackers ½ carb in the edamame |



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FOR ALL MEALS: Free Condiments: salt substitute, pepper, sugar substitute • **Free Beverages:** Coffee, tea, water, diet soft drink • **High in Sodium:** 480 mg or more per serving. 600 mg or more per serving of combination foods or casseroles. To lower your sodium intake, choose low sodium products whenever possible (for example: low-sodium soups, gravies, bacon.)

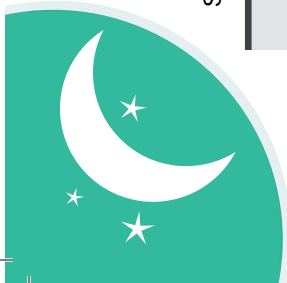


14-day MENU FOR DIABETES MANAGEMENT

1200 calories per day | WEEK TWO

2

| CHOICES | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|-----------|--|---|--|---|--|--|--|--|
| BREAKFAST | 2 carbohydrates: starch, fruit or milk | 1 slice whole wheat toast 1 cup skim milk | 1 pancake (4") 2 tsp lite syrup | ¾ cup unsweetened, ready-to-eat cereal 1 cup skim milk ⅔ cups strawberries | 1 slice French toast 2 tsp lite syrup | ½ English muffin 1 cup raspberries | ¼ large bagel 1 cup skim milk | 1 slice banana nut bread (1") |
| | 1 fat | 1 tbsp low-fat margarine | 1 tbsp low-fat margarine | 6 almonds | 1 tbsp low-fat margarine | 1 tbsp low-fat margarine | 1 tbsp low-fat margarine or 1 tbsp cream cheese | 1 fat in the banana nut bread |
| | free foods | 2 tsp lite jam or jelly | | | cinnamon | 2 tsp lite jam or jelly | 2 tsp lite jam or jelly | 1 tbsp fat-free margarine |
| LUNCH | 2 meats | 2 oz. turkey for submarine sandwich | ½ cup chicken salad | 2 meats in the frozen entrée | 2 oz. turkey for pita sandwich | 1 cup chicken or shrimp with vegetables in sauce ● | ½ cup egg salad for sandwich | 2 oz. homemade hamburger |
| | 3 carbohydrates: starch, fruit or milk | 1-6" turkey, whole wheat submarine sandwich ● with low-fat mayonnaise | 2 slices whole wheat bread 10 fat-free potato chips | 10-11 oz. frozen entrée ● (less than 340 calories) | 1 slice whole wheat pita bread ½ cup apricots in lite syrup | 1 meat egg roll ● ⅓ cup plain or brown rice | 2 slices whole wheat bread 1 cup vegetable soup ● | 1 hamburger bun 12 fresh cherries |
| | 2 vegetables | 1 whole low-sodium tomato, sliced | 8 oz. low-sodium tomato juice | 1 cup cooked cauliflower | 1 cup cooked green beans | 1 cup cooked broccoli | 2 cups tossed salad | ½ cup sautéed mushrooms 1 whole tomato, sliced |
| | 1 fat | 1 fat in the submarine sandwich | 1 fat in the chicken salad | 1 tbsp low-fat margarine | 1 tbsp low-fat mayonnaise | 1 fat in the vegetable sauce | 2 tbsp low-fat salad dressing | 1 tbsp low-fat margarine |
| | free foods | | | | | 1 tbsp fat-free margarine | | 1½ medium dill pickles ● 1 tsp mustard/catsup |
| DINNER | 2 meats | 2 oz. broiled or grilled pork chop | 2 meats in the lasagna | 2 oz. barbecue chicken | 3 oz. pan-seared sea scallops | 2 oz. meatloaf | 2 oz. baked or broiled fish | 1 slice thin-crust meat pizza ● (1 slice = 2 meats) |
| | 3 carbohydrates: starch, fruit or milk | 1 medium sweet potato ½ cup unsweetened applesauce | 1 cup lasagna ● 1 slice Italian bread | ½ cup homemade baked beans ¾ cup fresh blueberries | ⅔ cup brown rice ½ mango | ½ cup buttered mashed potatoes ½ cup beef gravy ● ¾ cup apple slices | 1 cup oven-baked French fries ½ cup coleslaw 17 grapes | 1 slice = 2 carbs |
| | 2 vegetables | 1 cup cooked spinach | 1 cup cooked asparagus | 1 cup cooked broccoli | 1 cup cooked summer squash | 1 cup cooked carrots | 1 cup cooked summer squash | 2 cups tossed salad |
| | 1 fat | 1 tbsp low-fat margarine | 1 tbsp low-fat margarine | 1 tbsp low-fat margarine | 1 tbsp low-fat margarine | 1 fat in the mashed potatoes | 1½ fats in the coleslaw | 1½ fats in the pizza |
| | free foods | | 1 tbsp Parmesan cheese | 1 tbsp fat-free sour cream | | | | 2 tbsp fat-free Italian dressing |
| SNACK | 1 meat | ¾ oz. unsalted soy nuts | 1 tbsp peanut butter | 1 oz. low-fat cheese | ¾ oz. unsalted soy nuts | 6 mixed nuts | 2 tbsp peanut butter | 1 oz. soy-based cheese |
| | 1 carbohydrate | 1 waffle (4") | 6 saltine-type crackers | ½ English muffin | 3 cups low-fat popcorn | 1/3 cup hummus | 1 small apple or ½ banana | 1 slice rye toast |
| | free foods | 2 tsp sugar-free syrup | 2 tsp lite jam or jelly | | | 5 baby carrots & celery sticks | | |



The portion sizes are based on The American Diabetes Association/The American Dietetic Association, "Choose your Foods: Exchange Lists for Diabetes," 2008; Pennington, Jean, Douglass, Judith. "Bowes & Church's Food Values of Portions Commonly Used," 2005: 197-198.

This menu does not replace an individualized meal plan by a registered dietitian. ©2024 CCS Medical, Inc. D10179_0424